

# ORDINARY TIME

**PRAYER GUIDE | PART 1**  
**MAY 23 TO JULY 31, 2021**



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## Ordinary Time: Being Ordered By the Holy Spirit

**Ordinary Time.** On Pentecost Sunday, we remember the giving of the Holy Spirit as promised by Jesus Christ (Acts 2), and this marks the end of Easter and the start of Ordinary Time. Ordinary Time is the longest of the seasons, stretching all the way to Advent. This long season invites us to pay attention to the presence and work of the Holy Spirit in us and in the world. In other words, it invites us to consider and participate the Holy Spirit's work to *order* and shape our lives and world by the love of Jesus Christ. It's the time when the great story of God's redemption proclaimed in the previous seasons sinks more deeply and becomes more real in the everyday contours of our lives. Listen to how Philip Reinders explains it In "Seeking God's Face":

*In Ordinary Time, we fully take in the gospel, allowing it to take shape in our daily living, making connections between Jesus' story and our lives. "Ordinary" doesn't mean boring or second-rate but simply "everyday." The Christian faith is not an otherworldly faith; it's about this creation, your life, these days. Ordinary Time gives us the space to consider all the implications of God's salvation in Jesus Christ for our day by day, week-in, week-out lives.*

**Living By and In the Spirit.** We sometimes talk about "tapping into the Spirit" as if the Holy Spirit is an impersonal power that comes closer if we can sing, pray, or read scripture just the right ways. It can't be said enough that the good news of Pentecost is that God is already close. In fact, the Holy Spirit, the third person of the Triune God, lives inside of all who believe in the name of Jesus Christ. As Paul says, we *are* temples of the Holy Spirit (1 Cor. 6:19). Not only that, God *has* lavished the riches of his grace on us (Eph. 1:7). The Holy Spirit is never far away, which means God and his mercy and grace in Jesus Christ are never far away! Alleluia!

In this light, we engage in spiritual rhythms and practices not to receive more of the Holy Spirit, but to become more attuned to the Spirit's abundant presence and current work in us to fill us with the resurrection life of Jesus Christ. This is critical. As Curt Thompson says, *we become what we are attuned to*. Through our practices, the Spirit is constantly working to open and fix our senses on our good God and the abundant life he is makes possible in Jesus. While the invitation to engage and become attuned is offered to us at all times, our hope is that we hear it in a fresh way in Ordinary Time.

A cornerstone of our attentiveness is our abiding in Jesus and his word (Jn. 15). As Luke 24 teaches, his word is not only what we find in the Gospel accounts, but throughout Scripture—all Scripture points to him! As we listen and abide, our faith grows and our eyes open to his presence in us and in the world (Rom. 10:15). As we listen and abide, we are better prepared to respond with prayer and acts of love (Heb. 10:15-25). As we abide, the Spirit bears the fruit of the Gospel in us and *reorders* our hearts, minds, and bodies accordingly. Again, we become what we are attuned to.

We offer this guide to help you abide and to become better attuned. This guide invites you to listen to Jesus, enjoy God's presence, and to respond morning and evening. This rhythm is modeled after an ancient one that is rooted in Scripture (Ps. 4, 5). Different Christian traditions throughout the centuries have adopted this pattern and it is sometimes referred to as the Daily Office. Praying and abiding in this way frames our days with Jesus's words of love and reminds us that he *is* the King of all our days who is close. This rhythm also sensitizes us to the Spirit's leading and encourages us to remain rooted in God's presence throughout the day.

This guide offers Scripture readings taken from the Daily Office Lectionary, a 2-year cycle that follows the liturgical calendar and takes readers through the entire Bible. Prayers from different traditions and parts of the world are given to help us pray in unity with all our brothers and sisters in Christ. Each day also includes practices to help us slow down and become more attentive to the Holy Spirit. A simple and short noonday liturgy is also provided to deepen your rhythm of prayer.

Use this guide as you are able. Use all or parts of it. *Begin where you are* and let the Spirit grow and expand your practices and rhythms.

***Being Ordered Together.*** From the very beginning of time, God created us to live in community with him *and* one another. God affirms this after he creates Adam, looks at him and says: "It is not good for man to be alone." (Gen. 2:18). God's solution to Adam's loneliness was to create Eve and introduce human companionship. Adam and Eve are not only paradigms for marriage, but also for all human relationships and our need for deep connection with others. We were never meant to live life alone!

Jesus Christ affirms this in his life, death and resurrection. The Gospel accounts record Jesus spending a lot of time alone in private devotion. Arguably, the Gospel accounts record Jesus spending even more time with his Apostles and others in prayer, fellowship, and worship. Though Jesus calls us as individuals, he also binds us together in love into a new people. As the Apostle Paul reminds us multiple times in his letters, in Christ we are made part of his body and, thus, we are made to belong to one another. (See Rom. 7:4; 1 Cor. 12:12; Eph. 3:6.)

Since we are bound together in Christ by the Holy Spirit, our spiritual practices and habits must be both individual and communal. Just as we set time aside for regular private devotion, we should set aside time to abide in God's love with others. Our common life starts in Sunday worship and is nurtured in vital gatherings like our City Groups. But it doesn't end there! Finding intentional and regular times with others outside your household to abide in God's presence is necessary. This is true if you are in a household of one or many. This is true if you are an introvert or an extrovert.

Though the pandemic is not quite over, thank God for the chances to gather again! Let's find ways to gather and to grow together. Let's do so with grace and patience as we all learn to re-engage after so many months of being apart. May this guide help us in this endeavor.

**With great love for you all,**

Pastor Marc Choi and the leaders of Grace Pasadena.

## Sunday Mornings

### 5/23 - Pentecost Sun.

Psalms 118  
Isa. 11:1-9  
John 14:21-29

### 5/30 - Trinity Sunday

Psalms 146; 147  
John 1:1-18

### June 6

Psalms 24; 29  
Deut. 29:16-29  
Matt. 15:29-39

### June 13

Psalms 93; 96  
Matt. 18:1-14

### June 20

Psalms 66; 67  
1 Sam. 4:12-22  
Matt. 19:23-30

### June 27

Psalms 118  
1 Sam. 10:1-16  
Matt. 21:23-32

### July 4

Psalms 146; 147  
1 Sam. 14:36-45  
Matt. 22:1-14

### July 11

Psalms 114; 115  
1 Sam. 17:50-18:5  
Matt. 23:29-39

### July 18

Psalms 63; 98  
1 Sam. 23:7-18  
Matt. 25:14-30

### July 25

Psalms 24; 29  
2 Sam. 1:17-27  
Matt. 25:31-46

### The Invitation

"[Let] all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you." — *Ps. 5:11*

*Linger over the Ps. 5:11 in silence. What songs of joy emerge as you imagine God's presence enfolding you?*

### The Song of Response

*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy. **Amen.**  
(silence)

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding

- How do today's words invite you to rest?

### Today's Practice

- At some point in the day, take a 15 minute walk (or longer) in silence. As you do so, pay attention to the sounds you hear. What do you hear? How might the Spirit be asking you to join creation's song of praise (Ps. 19) or enter into the world's sorrows and longings for redemption (Ro. 8:19)?

### Closing Prayers

*On this Lord's Day, pray for deep rest for yourself, neighbor and world. Lift up your needs and the needs of others. Conclude with the Lord's Prayer and/or following prayer from John Henry Newman:*

Come, O Holy Spirit. Come as Holy Fire and burn in us, come as Holy Wind and cleanse us within, come as Holy Light and lead us in the darkness, come as Holy Truth and dispel our ignorance, come as Holy Power and enable our weakness, come as Holy Life and dwell in us. Convict us, convert us, consecrate us, until we are set free from the service of ourselves, to be your servants to the world. **Amen.**

## Sunday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** (silence)

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. (say the names of those who come to mind)

Tend the sick, Lord Christ; give rest to the weary, (say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted, (say the names of those who come to mind)

shield the joyous; (say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

### 5/23 - Pentecost Sun.

Psalms 145  
1 Cor. 2:1-13

### 5/30 - Trinity Sunday

Psalms 111-113  
Ephesians 4:1-16

### June 6

Psalms 8; 84  
Revelation 12:1-12

### June 13

Psalm 34  
Revelation 15

### June 20

Psalms 19; 46  
James 1:1-18

### June 27

Psalm 145  
Romans 4:13-25

### July 4

Psalms 111; 113  
Romans 5:1-11

### July 11

Psalms 114; 115  
Romans 10:4-17

### July 18

Psalm 103  
Romans 11:33-12:2

### July 25

Psalms 8; 84  
Romans 12:9-21

## Monday Mornings

### May 24

Psalms 25  
Deut. 4:9-14  
Luke 14:25-35

### May 31

Ps. 41; 52  
Deut. 11:13-19  
Luke 17:1-10

### June 7

Psalms 56; 57; 58  
Deut. 30:1-10  
Luke 18:31-43

### June 14

Psalms 80  
1 Sam. 1:1-20  
Luke 20:9-19

### June 21

Psalms 89:1-18  
1 Sam. 5  
Luke 21:29-36

### June 28

Psalms 106:1-18  
1 Sam. 10:17-27  
Luke 22:52-62

### July 5

Psalms 1-3  
1 Sam. 15:1-23  
Luke 23:44-56

### July 12

Psalms 25  
1 Sam. 18:5-16;  
27-30  
Mark 1:29-45

### July 19

Psalms 41; 52  
1 Sam. 24  
Mark 4:1-20

### July 26

Psalms 56; 57; 58  
2 Sam. 2:1-11  
Mark 6:14-29

### The Invitation

"I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul..." — *Ps. 31:7*

*Do you come to God with any sorrow? Are you carrying the sorrows of others? God sees and is answering with his steadfast love.*

### The Song of Response

*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Today, use the Psalm to shape your confession. Pray through the Psalm again. How is the Holy Spirit inviting you to confess through the Psalm? **Amen.** (*silence*)

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- What word do you hear Jesus speaking to *you* today?
- How might you share this word today?

### Today's Practice

Today, make it a point to pay attention to the words you speak, type, or think. What are you saying about yourself and others? Do they echo God's word of grace? Return to one of today's readings and let the Holy Spirit shape and renew your words.

### Closing Prayers

*Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer from Kenya:*

Lord Jesus, call us out of our busy and competitive life; call us into your way of love. Save us from worldly ambition, purify us of unworthy motives, prepare us for a life of self-sacrifice, full us with a spirit of dedication to you and instruct us in your word and truth. Send us into the world, into the brokenness and opportunities of everyday life as witnesses to your saving power and as examples of the life you give. **Amen.**

## Monday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** (*silence*)

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. (*say the names of those who come to mind*)

Tend the sick, Lord Christ; give rest to the weary, (*say the names of those who come to mind*)

bless the dying, soothe the suffering, pity the afflicted, (*say the names of those who come to mind*)

shield the joyous; (*say the names of those who come to mind*)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

### May 24

Psalms 9, 15  
2 Cor. 1:1-11

### May 31

Psalms 44  
2 Cor. 5:11-6:2

### June 7

Psalms 64; 65  
2 Cor. 10

### June 14

Psalms 77; 79  
Acts 1:1-14

### June 21

Psalms 89:19-52  
Acts 5:12-26

### June 28

Psalms 106:19-48  
Acts 7:44-8:1

### July 5

Psalms 4; 7  
Acts 9:19-31

### July 12

Psalms 9; 15  
Acts 11:19-30

### July 19

Psalms 44  
Acts 13:44-52

### July 26

Psalms 64; 65  
Acts 15:36-16:5

## Tuesday Mornings

**May 25**

Psalms 26;28  
Deut. 4:15-24  
Luke 15:1-10

**June 1**

Psalms 45  
Deut. 12:1-12  
Luke 17:11-19

**June 8**

Psalms 61; 62  
Deut. 30:11-20  
Luke 19:1-10

**June 15**

Psalms 78:1-39  
1 Sam. 1:21-2:11  
Luke 20:19-26

**June 22**

Psalms 97; 99; 100  
1 Sam. 6:1-16  
Luke 21:37-22:13

**June 29**

Psalms 120-123  
1 Sam. 11  
Luke 22:63-71

**July 6**

Psalms 5; 6  
1 Sam. 15:24-35  
Luke 23:56-24:11

**July 13**

Psalms 26; 28  
1 Sam. 19:1-18  
Mark 2:1-12

**July 20**

Psalms 45  
1 Sam. 25:1-22  
Mark 4:21-34

**July 27**

Psalms 61;62  
2 Sam. 3:6-21  
Mark 6:30-46

### The Invitation

"For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands."  
—Isaiah 55:12

*Take a moment to join creation's song by offering a thanks.*

### The Song of Response

*Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.*

### The Confession

Lord God, we have sinned against you; we have done evil in your sight. We are sorry and repent. Have mercy on us according to your love. Renew a right spirit within us and restore us to the joy of your salvation, through Jesus Christ our Lord. **Amen.** (silence)

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- As you re-read the scripture passage, what feels most alive in you?

### Today's Practice

Today, set aside time to think back on the last year.

- Name one thing that has been difficult, that is, felt like a death. How might today's passage speak to this experience?
- Name one thing that was good about slowing down. How might you hold onto this experience as our city and state re-open and the pace of life returns to normal? What invitation from the Spirit might you sense?

### Closing Prayers

*Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer from A Book of Prayers:*

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.  
**Amen.**

## Tuesday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** (silence)

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. (say the names of those who come to mind)

Tend the sick, Lord Christ; give rest to the weary, (say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted, (say the names of those who come to mind)

shield the joyous; (say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

**May 25**

Psalms 36; 39  
2 Cor. 1:12-22

**June 1**

Psalms 47; 48  
2 Cor. 6:3-7:1

**June 8**

Psalms 68  
2 Cor. 11:1-21

**June 15**

Psalms 78:40-72  
Acts 1:15-26

**June 22**

Psalms 94; 95  
Acts 5:27-42

**June 29**

Psalms 124-127  
Acts 8:1-13

**July 6**

Psalms 10; 11  
Acts 9:32-43

**July 13**

Psalms 36; 39  
Acts 12:1-17

**July 20**

Psalms 47; 48  
Acts 14:1-18-4

**July 27**

Psalms 68  
Mark 6:30-46

## Wednesday Mornings

**May 26**

Psalm 38  
Deut. 4:25-31  
Lk. 15:1-2; 15:11-32

**June 2**

Psalm 119:49-72  
Deut. 13:1-11  
Luke 17:20-37

**June 9**

Psalm 72  
Deut. 31:30-32:14  
Luke 19:11-27

**June 16**

Psalm 119:97-120  
1 Sam. 2:12-26  
Luke 20:27-40

**June 23**

Ps. 101; 109:-1-30  
1 Sam. 7:2-17  
Luke 22:14-23

**June 30**

Psalm 119:145-176  
1 Sam. 12:1-6; 16-25  
Luke 23:1-12

**July 7**

Psalm 119:1-24  
1 Sam. 16:1-13  
Luke 24:12-35

**July 14**

Psalms 38  
1 Sam. 20:1-23  
Mark 2:13-22

**July 21**

Psalm 119:49-72  
1 Sam. 25:23-44  
Mark 4:41

**July 28**

Psalm 72  
2 Sam. 3:22-39  
Mark 6:47-56

### The Invitation

"Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth."

—Psalm 67:4

*What signs of God's justice and restoration have you noticed?*

### The Song of Response

*Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.*

### The Confession

O Holy Spirit, illumine our hearts, minds and bodies, and humble us. As we sit before you in silence, bring into the light that which we want to hide or afraid to confess. Bring it into the light and set us free. **Amen.**

*(Confess in silence for a few minutes; resist the temptation to move on when the silence begins to feel uncomfortable.)*

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- Imagine Jesus speaking the words of the passage to you. What feelings and thoughts emerge?

### Today's Practice

- Re-read the passage. Is there a verse that fixes your eyes on the beauty of God's love? If so, try and memorize it or write it down and keep the note close by. Ask the Holy Spirit to help you use the verse as your lens for seeing today. How do these words help you see yourself and your neighbor? How do these words help you see the Spirit's presence and work?

### Closing Prayers

*Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following from A Prayer Book.:*

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. **Amen.**

## Wednesday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm. Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bless the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous; *(say the names of those who come to mind)*

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

**May 26**

Psalm 119:25-48  
2 Cor. 1:23-2:17

**June 2**

Psalm 49; 53  
2 Cor. 7:2-16

**June 9**

Psalm 119:73-96  
2 Cor. 11:21-33

**June 16**

Psalm 81; 82  
Acts 2:1-21

**June 23**

Psalm 119:121-144  
Acts 6

**June 30**

Psalms 128-130  
Acts 8:14-25

**July 7**

Psalms 12-14  
Acts 10:1-16

**July 14**

Psalm 119:25-48  
Acts 12:18-25

**July 21**

Psalm 49; 53  
Acts 14:19-28

**July 28**

Psalm 119:73-96  
Acts 16:16-24

## Midweek Reflections

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*Use this space for notes, thoughts and responses, or use this space to dwell on the story of God's grace in your life. Think through different aspects of your testimony each week and write it down. Remember well and give thanks.*



## Thursday Mornings

**May 27**

Psalm 37:1-18  
Deut. 4:32-40  
Luke 16:1-9

**June 3**

Psalm 50  
Deut. 16:18-20;  
17:14-20  
Luke 18:1-8

**June 10**

Psalms 70; 71  
Luke 19:28-40

**June 17**

Psalm 34; 83  
1 Sam. 2:27-36  
Luke 20:41-21:4

**June 24**

Psalm 105:1-22  
1 Sam. 8  
Luke 22:24-30

**July 1**

Psalms 131-133  
1 Sam. 13:5-18  
Luke 23:13-25

**July 8**

Psalm 18:1-20  
1 Sam. 16:14-17:11  
Luke 24:36-53

**July 15**

Psalm 37:1-18  
1 Sam. 20:24-42  
Mark 2:23-3:6

**July 22**

Psalm 50  
1 Sam. 28:3-20  
Mark 5:1-20

**July 29**

Psalm 70-71  
2 Sam. 4  
Mark 7:1-23

### The Invitation

"With trumpets and the sound of the horn make a joyful noise before the King, the Lord!" — *Psalm 98:6*

*Do you play in instrument? Play a joyful song! Or take a moment to sing a favorite hymn a cappella.*

### The Song of Response

*Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.*

### The Confession

God of wholeness, we are broken people living in a broken world. We confess our sins and the sins of the world. Have mercy on us and let us experience your healing love anew; make us instruments of your peace. **Amen.** (*silence*)

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- Linger over a phrase or verse. How does it help you answer the question, "What do I want?" How might the Holy Spirit be re-ordering and re-shaping your desires?

### Today's Practice

When you read, listen or watch the news today, take a moment to pause and to consider the news in light of this morning's scripture readings. How does God's word shape your understanding of the news? How might the Holy Spirit be asking you to respond?

### Closing Prayers

*Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer from Africa, provided by the World Council of Churches:*

Our Lord and God Almighty, we praise you, for you created us all and made us into many different tribes and nations, that we may befriend one another and that we may not despise each other. Open our hearts, we pray, so that we may respond to the needs of all our brothers and sisters. **Amen.**

## Thursday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** (*silence*)

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. (*say the names of those who come to mind*)

Tend the sick, Lord Christ; give rest to the weary, (*say the names of those who come to mind*)

bless the dying, soothe the suffering, pity the afflicted, (*say the names of those who come to mind*)

shield the joyous;

(*say the names of those who come to mind*)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

**May 27**

Psalm 37:19-40  
2 Cor. 3

**June 3**

Psalms 8; 84  
2 Cor. 8:1-16

**June 10**

Psalm 74  
2 Cor. 12:1-10

**June 17**

Psalms 85; 86  
Acts 2:22-36

**June 24**

Psalm 105:23-45  
Acts 6:15-7:16

**July 1**

Psalm 134-135  
Acts 8:26-40

**July 8**

Psalm 18:21-50  
Acts 10:17-33

**July 15**

Psalm 37:19-40  
Acts 13:1-12

**July 22**

Psalms 59-60  
Acts 15:1-11

**July 29**

Psalm 74  
Acts 16:25-40

## Friday Mornings

**May 28**

Psalm 31  
Deut. 5:1-22  
Luke 16:10-18

**June 4**

Psalms 40; 54  
Deut. 26:1-11  
Luke 18:9-14

**June 11**

Psalm 69  
Luke 19:41-48

**June 18**

Psalm 88  
1 Sam. 3  
Luke 21:5-19

**June 25**

Psalm 102  
1 Sam 9:1-14  
Luke 31-38

**July 2**

Psalm 140; 142  
1 Sam. 13:19-14:15  
Luke 23:26-31

**July 9**

Psalms 16; 17  
1 Sam. 17:17-30  
Mark 1:1-13

**July 16**

Psalm 31  
1 Sam. 21  
Mark 3:7-19

**July 23**

Psalms 40; 54  
1 Sam. 31  
Mark 5:21-43

**July 30**

Psalm 69  
2 Sam. 5:1-12  
Mark 7:24-37

### The Invitation

"O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me." —*Psalm 131*

*Take a few moments to experience the tender presence and embrace of God.*

### The Song of Response

*Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.*

### The Confession

Today, use the Psalm to shape your confession. Pray through the Psalm again. How is the Holy Spirit inviting you to confess through the Psalm? **Amen.** *(silence)*

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What shifts in your heart, mind, and body do you sense?

### Today's Practice

Consider setting an alarm at 9am, 12pm, 3pm, 6pm, and 9pm (or at intervals of your choosing). Say a short prayer of thanksgiving at each appointed time. What is it like to give thanks to God with this kind of intention?

### Closing Prayers

*Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer from an ancient Gelasian Sacramentary.*

O GOD, from whom all holy desires, all good counsels, and all just works do proceed; Give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. **Amen.**

## Friday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bless the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous; *(say the names of those who come to mind)*

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

**May 28**

Psalm 35  
2 Cor. 4:1-12

**June 4**

Psalm 51  
2 Cor. 8:16-24

**June 11**

Psalm 73  
2 Cor. 12:11-21

**June 18**

Psalm s 91; 92  
Acts 2:37-47

**June 25**

Psalm 107:1-32  
Acts 7:17-29

**July 2**

Psalms 141; 143  
Acts 9:1-19

**July 9**

Psalm 22  
Acts 10:34-48

**July 16**

Psalm 35  
Acts 13:13-25

**July 23**

Psalm 51  
Acts 15:12-21

**July 30**

Psalm 69  
Acts 17:1-15

## Saturday Mornings

**May 29**

Psalms 30; 32  
Deut. 5:22-33  
Luke 16:19-31

**June 5**

Psalms 55  
Deut. 29:2-15  
Luke 18:15-30

**June 12**

Psalms 75; 76  
Luke 20:1-8

**June 19**

Psalms 87; 90  
1 Sam. 4:1-11  
Luke 21:20-28

**June 26**

Ps. 107:33-108:13  
1 Sam. 9:15-10:1  
Luke 22:39-51

**July 3**

Psalms 137; 144  
1 Sam. 14:16-30  
Luke 23:32-43

**July 10**

Psalms 20-21  
1 Sam. 17:31-49  
Mark 1:14-28

**July 17**

Psalms 30; 32  
1 Sam. 22  
Mark 3:19-35

**July 24**

Psalms 55  
2 Sam. 1:1-16  
Mark 6:1-13

**July 31**

Psalms 75; 76  
2 Sam. 5:22-6:11  
Mark 8:1-10

### The Invitation

"Where shall I go from your Spirit? Or where shall I flee from your presence?" — *Psalms 139:7*

*Dwell on this Good News: God is close! You are his and he is yours.*

### The Song of Response

*Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.*

### The Confession

Gracious God, our sins are too heavy to carry, too real to hide, and too deep to undo. Forgive what our lips tremble to name, what our hearts can no longer bear, and what has become for us a consuming fire of judgment. Set us free from a past that we cannot change; open to us a future in which we can be changed; and grant us grace to grow more and more in your likeness and image, through Jesus Christ, the light of the world. **Amen.** *(silence)*

### Listening to Words of Love

*Read one or both of the prescribed passages.*

### Abiding in Love

- What surprises you in the passage? What makes you curious?

### Today's Practice

Take time today to write an encouraging note by hand (yes, by hand!) to a family member, friend or neighbor, and deliver or mail the note. What do you notice as you slow down to write out and deliver the note?

### Lifting Burdens and Closing Prayers

*Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer in its entirety. Repeat it a few times, letting the words sink in. Use the prayer to shape all your other prayers.*

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the glory, and the power forever and ever. **Amen.**

## Saturday Evenings

### Opening Prayer

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

### The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

### The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

### Listening to Words of Love

*Read the passage or continue to dwell on the Psalm.*

### Abiding in the Words of Love

- How does God's word speak to the day behind you and the day ahead of you?
- How does God's word invite you to name your joys and sorrows?

### Closing Prayers

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bleed the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous;

*(say the names of those who come to mind)*

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

**May 29**

Psalms 42; 43  
2 Cor. 4:13-5:10

**June 5**

Psalm 138-139:23  
Deut. 29:2-15

**June 12**

Psalms 23; 27  
2 Cor. 13

**June 19**

Psalm 136  
Acts 4:32

**June 26**

Psalm 33  
Acts 7:30-43

**July 3**

Psalm 104  
Acts 9:10-19

**July 10**

Ps. 110; 116; 117  
Acts 11:1-18

**July 17**

Psalms 42; 43  
Acts 13:26-43

**July 24**

Psalms 138-139:23  
Acts 15:22-35

**July 31**

Psalm 23; 27  
Acts 17:16-34

## A Short Noonday Liturgy - Pausing to be Refreshed

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OPENING	I lift up my eyes to the hills From where does my help come? My help comes from the Lord, who made heaven and earth. (From Psalm 121)
SCRIPTURE	<i>Re-visit one of the passages from this morning. Savor a few verses that grip your heart and imaginations.</i>
CLOSING	<i>Conclude with one of the following prayers:</i>  Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. <b>Amen.</b>  Or  Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. <b>Amen.</b>  Or  Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. <b>Amen.</b>  Or  Lord Jesus Christ, you said to your apostles, "Peace I give to you; my peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. <b>Amen.</b>

## People to Remember in Prayer at Noon

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*Use this space to help you pray for the people in your life by name.*



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